

SPORTS

★ PT Prep

PT Prep is a circuit training and aerobics class combined. It is designed to keep the heart rate up while working on circuit exercises that focus on push-ups and sit-ups.

The aerobic portions focus on intense exercises — jumping jacks, sprints (in place), hustlers, shuffles, body builders — that build cardiovascular endurance to help with the PT run.

PT Prep is **Mondays, Wednesdays and Fridays** at 6 a.m.

★ Spinning class

Indoor cycling classes are held at the East Fitness Center, **Monday-Thursday**, 6 p.m., and **Saturdays** at 1 p.m.

Call 846-1073.

★ Air Force sports

If you excel in boxing, bowling, cross country, golf, fencing, rugby, shooting, tae kwon do, track and field, triathlon, wrestling, marathon or men's and women's basketball, soccer, softball or volleyball, consider the Air Force Sports Program.

Visit <https://www-r.afsv.af.mil/FT/> or call 846-

1102.

★ Ride of Your Life

Be a part of Air Force Cycling in the "Go for the Ride of Your Life."

You can win T-shirts, caps, towels and water bottles.

Pick up a mileage card at the East Fitness Center.

Call 846-1068 or 846-1102.

★ Run for Your Life

The East Fitness Center holds the "Run for Your Life" program. Participants are authorized three miles a day. Incentive prizes are given out for miles accumulated.

Call 846-1102.

★ Yoga

Join the **Saturday Yoga Class** at 11 a.m.

The focus is more down-to-earth benefits of Yoga, including improved physical fitness, mental clarity, greater self-understanding, stress control and general well-being achieved with continuous stretching exercises.

★ Personal trainers

Two personal trainers are on-call at the East Fitness Center.

James Allison is a Certified International Fitness Professional Association member and Diane Cabral is a Certified National Strength and Condi-

tion Association Personal Trainer.

Fee for consultations is \$25 an hour. Call 846-1102.

★ Handball club

The handball clubs takes no initiation fees or dues and has no meetings--just competitive handball

games.

Courts 2 and 5 are reserved from 11 a.m.-1 p.m. for challenge games.

New members are always welcome.

Call 846-2454.



Photo by Todd Berenger

New fitness tools

1st Lt. Amanda Hall, 512th Rescue Squadron, works on a new Nautilus 2ST machine, which has recently been installed in the east gym along with other Nautilus equipment. Nautilus equipment is designed to increase muscular strength through controlled weight lifting techniques.



Photo by Lisa Gonzales

Intramural Football Champions

Presenting the championship trophy to the 377th Security Forces Squadron football team, is Lt. Col. David Preston, 377th Service Squadron commander. The cops won this year's intramural football base championship by defeating the 58th Special Operations Wing, 10-3. Team members are, from the left, back row: Jeremie Ritchie, TJ Boggs, James Jones, Jeffery Butler, Antjuan Brown. Center row: Stephan Hudson, Kurt Luger, Anthony Johnson, Christopher Price, Jason Sharpe, Carlos Gonzalez, Todd Kobee, Jason Delgado. Front row: Andrew Strickland, Kevin Comer, Cory Hessling, Tony Khang, Thomas Sane.